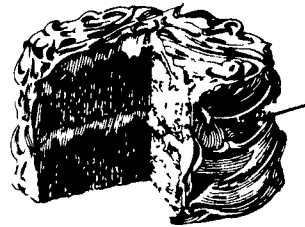


Home On The Range



Potatoes Spud Great Recipes

The potato has been criticized for being "just a starch." There's a lot more to potatoes, of course, but the carbohydrates potatoes provide are important to a good diet. Carbohydrates are the body's primary source of fuel for energy. The brain, for example, uses about 20 to 25 percent of the daily intake of fuel (measured in calories) and this fuel should be in the form of carbohydrates. Furthermore, carbohydrates are not especially fattening, as is commonly thought. Gram for gram, fats are more than twice as fattening as either carbohydrates or proteins. And, potatoes are virtually fat-free.

OVEN BAKED POTATO WEDGES

4 large potatoes with skins
4 tablespoons butter
Paprika, to taste
Salt, to taste
Parmesan cheese, optional
Melt butter in baking pan. Cut each potato into 6 or 8 wedges. Put potatoes in baking pan and turn until all wedges are coated with butter. Sprinkle with salt and paprika. Bake in 400 degree oven for 25 to 30 minutes.

Helen Hess
Washington Boro

POTATO SKIN LOVER'S RECIPE

4 large potatoes
1 tablespoon extra-light olive oil
Paprika, to taste
Scrub potatoes well. Do not peel. Cut the potatoes lengthwise into six wedges and dry them on paper towel.

Toss potato wedges with oil until well coated. Place potatoes on baking sheet and sprinkle with paprika. Bake in 450 degree oven for 35 minutes or until fork tender. Serves 6.

Joann Frazier Hensley
McGaheysville, VA

BLUE CHEESE TOPPING FOR POTATOES

¾ cup lowfat cottage cheese
¾ cup ricotta cheese
½ cup crumbled blue cheese
½ cup buttermilk
¾ teaspoon Italian dressing
¼ teaspoon pepper
Baked potatoes
Place cottage and ricotta cheeses in small mixer bowl. Beat on high speed until almost smooth. Beat in blue cheese, buttermilk, and seasonings. Spoon over baked potatoes. Store remaining topping in covered container in refrigerator for up to 5 days.

POTATO CHEESE PUFF

2 cups mashed potatoes
2 tablespoons butter
1 cup creamed cottage cheese
1 tablespoon grated onion
½ cup commercial sour cream
3 eggs, separated
Salt, pepper, paprika, to taste
Combine butter, cottage cheese, onion, and sour cream to potatoes with an electric mixer. Beat egg yolk, salt, and pepper into the potato mixture. Fold in stiffly beaten egg whites, turn into greased 1½ -quart casserole and dust with paprika. Bake in 350 degree oven for 30 minutes or until potatoes are puffed high and golden brown. Serves 6.

Betty Biehl
Mertztown

SKINNY FRENCH FRIES

4 medium potatoes, peeled, cut in strips
2 tablespoons salad oil
Salt
Paprika
While cutting potatoes, keep strips in bowl of ice water to crisp. Drain and pat dry on paper towels. Spread strips in one layer on jelly-roll pan. Sprinkle with oil. Shake pan to distribute oil evenly over potatoes.

Bake strips at 450 degrees until golden brown and tender, about 30 to 40 minutes, turning frequently. Sprinkle generously with salt and paprika.

Makes 8 servings, about 100 calories each serving.

POTATO EGG SUPPER

3 strips bacon
3 cups potatoes, cooked and diced
3 hard cooked eggs, sliced
½ can cream of celery soup
½ cup milk
Onion salt, to taste
¼ teaspoon oregano
Garlic salt, to taste
Pepper, to taste
1 tablespoon instant onion
3 tablespoons cheddar cheese
Fry bacon and crumble. Brush 1-quart casserole with a little bacon fat. Layer potatoes, bacon, and egg in the casserole. Blend soup, milk, and seasonings and pour over potato mixture. Sprinkle cheese over top; cover and bake at 375 degrees for 25 minutes. Serves 4.

Betty Biehl
Mertztown



The average baking potato provides less than 10mg sodium, 0g fat, and only 110 calories. Potatoes are a good source of dietary fiber (2710mg) and potassium (750mg).

PARTY POTATOES

8-10 medium potatoes, peeled
1 cup sour cream
8-ounce package cream cheese, softened
1½ teaspoons garlic salt or powder
1 teaspoon onion salt or powder
Butter
Paprika

Boil and drain potatoes. Beat together sour cream and cream cheese until well blended. Beat in hot potatoes gradually. Add seasonings. Spoon into 2-quart casserole, dot with butter. Bake at 350 degrees for 30 minutes. Sprinkle with paprika during last 15 minutes. This is better prepared the day before and baked for 45 minutes at 350 degrees. Freezes well.

Contributor writes that she is a DHI supervisor in the heart of Maine Potato Country, Aroostook County. She has the opportunity to exchange recipes with many farm wives. This recipe is one of her favorites. She is an avid recipe collector and just loves this column.

Jenna Gilpatric
Island Falls, Maine

DIJON MUSTARD POTATOES

6 medium potatoes
6 tablespoons butter, divided
2 medium onions, chopped
3 tablespoons flour
2 cups chicken broth
Dash salt and pepper
¼ cup Dijon mustard or desired flavor

½ cup bread crumbs
Chopped parsley, optional
Boil potatoes in skins until tender. Drain, peel, and slice into pieces. In saucepan, over medium heat, melt 3 tablespoons butter; add onion and cook until soft. Do not brown. Stir in flour, mixing well. Add broth gradually, stirring constantly. Season with salt and pepper. Bring to a simmer until thick, add mustard and blend well. Butter large casserole dish and arrange potato pieces on bottom. Pour sauce over all and sprinkle with buttered bread crumbs. Top with parsley. Bake, uncovered, at 375 degrees for 20 minutes.

Judy Rohrer
Lancaster

(Turn to Page B9)

YOGURT POTATO SCALLOP

4 medium potatoes, peeled
1 medium onion, peeled, sliced
1 tablespoon butter
2 tablespoons cornstarch
1 teaspoon salt
½ teaspoon sugar
½ teaspoon pepper
½ cup milk
1 pound carton plain yogurt
1 recipe seasoning mix*
1 tablespoon butter

Slice potatoes. Parboil in boiling water for 4 to 6 minutes or until tender; drain. In a fry pan, over medium heat, cook onion in 1 tablespoon butter until golden, stirring occasionally. Blend cornstarch, salt, sugar, and pepper with milk; add to onions, stirring to mix. Add yogurt; cook and stir until mixture boils and thickens. Remove from heat; stir in desired seasoning mix. Butter a 2-quart casserole. Layer potatoes and sauce in casserole, ending with sauce. Spread sauce to cover potatoes. Dot with 1 tablespoon butter. Bake in a 375 degree oven for 35 minutes. Makes 6 to 8 servings.

*Seasoning Mix:

Dill: Combine 2 tablespoons each, minced parsley and fresh dill (2 teaspoons dried)

Curry: Combine 2 tablespoons minced parsley, 1 or 2 teaspoons curry powder and a dash cayenne pepper. Very good with sweet potatoes.

Spicy: Combine 2 tablespoons minced parsley, ½ teaspoon cinnamon, ¼ teaspoon allspice, ¼ teaspoon nutmeg. Very good with sweet potatoes or combination of white and sweet.

Southwest: Combine 2 tablespoons minced cilantro or parsley, 1 or 2 teaspoons Mexican seasoning or chili powder and ½ teaspoon ground cumin.

Italian: Combine 1 tablespoon each, chopped basil, thyme, and marjoram or ½ teaspoon dry, ¼ teaspoon garlic powder, and 2 tablespoons shredded Parmesan cheese.

Featured Recipe

As Lancaster County's Dairy Princess, Jill Harnish often tells people, "Each of us need dairy products in our diet with milk containing not only calcium but also 58 other nutrients."

Jill works on the home dairy farm in Christiana. Jill's parents, R. Edwin and Arlene, have 200 Holsteins and crop farm 220 acres.

A senior at Solanco High School, Jill is a member of the National Honor Society, Young Educators of America, and president of the FFA. She is also a member of the Kirkwood 4-H Club and county 4-H Dairy Bowl Team, and president of Kids and Kows 4-H.

This is one of her favorite dairy recipes.

Four-Layer Chocolate Delight

½ cup butter, melted
1 cup all-purpose flour
1 cup chopped walnuts
8-ounces cream cheese, softened
1 cup confectioners' sugar
12 ounces whipped cream
2 small packages instant chocolate pudding
3 cups cold milk

Preheat oven to 350 degrees.
Combine butter, flour, and walnuts; press into the bottom of 13x9x2-inch baking pan. Bake at 350 degrees for 10 minutes. Cool. Meanwhile, beat cream cheese and sugar in a mixing bowl until creamy. Fold in 1 cup whipped cream; spread over crust. Chill. Prepare pudding mixes with milk. Spread over cream cheese layer. Spread remaining whipped cream on top. Refrigerate for 3 hours. Yield: 12-15 servings.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

February

27- Potato Lover's Month

March

6- Cooking With Dried Beef
13- Spinach Recipes
20- Candy Making Recipes